

## West Lafayette Fire Department December 2010

World Record! West Lafayette Firefighter Bret Yundt is now the world record holder for the fifty and older division of the Firefighter Combat Challenge! This is no small achievement as firefighters from all across the Nation train for and compete in this event. This year's championship had several Canadian firefighters as well as firefighters from Germany and other countries competing. And there is one very unhappy Canadian firefighter – the one whose world record time had stood for the past four years.

Bret competed in several regional events throughout this year, all of which were part of a disciplined training regimen, with the goal of breaking the world record at least once. He broke it at a Maryland regional and came into the world championships two months later with the realistic goal of bettering his newly established record time. Age caught up to him at the world championships though as he competed with significant lower back pain. In spite of this, he achieved his goal of finishing first in the over 50 division but he was not able to set another record. His time, however, was good enough that had he been in the over 40 division, he would have finished in the top ten and in the open division his time was in the top 100 (87<sup>th</sup>) of all competing firefighters. Bret was also the key member on a relay team that finished first at these world championships in the over 50 division. As Chief I certainly appreciate his desire and the resulting physical abilities. Bret has been on the Department for more than 25 years. Combining these 25 years of firefighting experience with his ability to perform the physical tasks of firefighting as well as anybody in the nation, makes him a highly valued member of our department.

The Firefighter Combat Challenge consists of five events that simulate common fireground tasks and they are performed sequentially without breaks while wearing approximately fifty pounds of turnout gear (helmet, fire coat, boots, SCBA, etc.). The tasks, in the order performed, are:

1. High-Rise Pack Carry – Run up a 5 story stair tower (in full turnout gear) while carrying a 42 pound load of fire hose.
2. Hose Hoist – Using a rope and pulling hand-over-hand, hoist a 42 pound roll of fire hose from the ground up to the top of the 5 story stair tower.
3. Forcible Entry – Simulate breaching a door or wall by moving a 160 pound steel beam the required distance by striking it with a sledge hammer.
4. Hose Advance – Drag a fire hose full of water (approximately 150 lbs plus the surface friction drag) the required distance and hit a target with the water coming out from the nozzle.
5. Victim Rescue – Move a 175 pound rescue mannequin 100 feet without assistance from anyone.

To put Bret's outstanding accomplishment and time in perspective, consider that event 2 (Hose Hoist) has a maximum allowed time of 3 minutes but he completed the entire course in well under 2 minutes.

Chief Drew